



### What are HENRY Healthy Families Programmes?

- They are free 8/9 session, evidence-based programmes which support families with a child 0-5 yrs to develop a healthier lifestyle. Sessions cover topics relating to physical and emotional wellbeing, i.e activity ideas, portion sizes, looking after yourself, exploring feelings, managing behaviour
- Depending on the area, they can be delivered in a group environment or 1-to-1, usually in a family's home. Parents need to participate in a minimum of 5 sessions to complete a programme
- Parents are supported to set realistic goals for lifestyle change at their pace, based on their knowledge of their own family and circumstances
- Parents tell us what they most enjoy about the group programme is the relaxed, informal and supportive atmosphere and the opportunity to share experiences and ideas with other parents
- Each parent receives a free set of resources, including a handbook containing recipe and activity ideas, children's story books and ball, charts, reward systems etc

### HENRY Healthy Families Programmes are not:

- Weight management programmes - no-one is weighed or measured, we don't talk about calories or diets. There aren't 'good' or 'bad' foods, we work towards engaging with parents in a positive way and achieving a healthier lifestyle balance and sustainable change
- Like being at school - we don't give advice, we give information and introduce ideas and strategies, resources and tips - parents choose which of these work best for them
- "Taught" - our trained facilitators don't tell parents what to do. Each family is unique and we work alongside parents, supporting them to identify and achieve goals which work for them
- Focused only on children. The programme supports the whole family to achieve lifestyle change. We recognise and help parents Sessions cover topics relating to physical and eto understand the importance of them modelling strategies and changes they want their children to make
- Judgemental - each family has strengths and we work in partnership with them to build on these
- Problem focused - we work in partnership with parents to identify solutions in order to move forward

### Who might benefit?

- Anyone who has a child aged 0-5yrs. Every family will benefit in some way, however certain 'clues' which may indicate a family would particularly benefit might include:
  - "My child won't go to bed"
  - "I struggle to get my children to get dressed/brush their teeth/get ready for school on time"
  - "Mealtimes are a battle"
  - "I don't know how to deal with temper tantrums"
  - "We eat a lot of takeaways/ready meals" or "We eat the same things all the time"
  - "My child's a fussy eater/not eating enough"
  - "My child is wearing the next sized clothes"
  - "I'm struggling to cope" or "I'm feeling overwhelmed/not enjoying being a parent"
  - "I'm confused by all the information out there for parents"
  - "I want us to spend more time together as a family"

### How can parents access HENRY programmes locally?

- Contact your local HENRY Coordinator <https://henry.org.uk/whatson>
- If you have any difficulties contact HENRY on (01865) 302973



Each parent completing a HENRY Healthy Families programme receives a free parent toolkit (above)